

Celebrate Vegetarian Awareness Month

October 2006

October is Vegetarian Awareness month, a time to reflect on the ethical, environmental, humanitarian and health benefits of a vegetarian/vegan lifestyle.

From Ancient Greece to Hollywood Boulevard

A time line of famous vegetarians reads like a who's who in the universe. From Plato and Plutarch to Pamela Anderson, Angela Bassett and Tobey Maguire—the list of vegetarians devotees is a long one. Vegetarians (like Brad Pitt and Alec Baldwin) are individuals who choose not to eat meat, poultry or fish/seafood. Vegans, pronounced vee-guns, (like Alicia Silverstone, Woody Harrelson and Moby) in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, pearls, wool, down, cosmetics and soaps derived from animal products.

There's Meatless On the Menu

University Dining Services can help students with vegan/vegetarian food choices. Pick up a copy of the Café Express each month, it identifies all vegetarian and vegan items for you.

- **Bistro**—features many vegan and vegetarian items including a Broccoli & Seitan Stir-Fry, Vegan “Meat”balls in Marinara, Tunisian Chickpeas, Falafel and Vegan Lo Mein.
- **Breakfast**—scrambled eggs, egg whites, egg substitute and vegetarian breakfast “sausage” and “bacon” are available.
- **Fiesta Express**—features vegan refried beans and meatless burger crumbles on the taco bar.
- **Lotsa Pasta**—the pasta served here is vegan, as is the marinara sauce. Alfredo sauce is vegetarian.
- **Wok ‘n’ Roll**—tofu along with a wide selection of fresh vegetables is available at the Stir-Fry Bar.
- **S.S. Grillers**—Boca burgers, veggie burgers and smart dogs are cooked to order at lunch and dinner.
- **Kozy Kitchen Deli**—you will find hummus here. Ask for it on a wrap and take it to the salad bar where you can load up with lettuce, tomato and cucumber. Grilled cheese sandwiches are also cooked to order here.

Read All About It—On The Web

For more information on vegan/vegetarian diets and recipes visit these websites:

www.vrg.org

www.vegkitchen.com

www.molliekatzen.com

www.clearcreekkitchen.org

www.meatlessmonday.com